

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin D3 (cholecalciferol) (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 06, 2015 06:13 EST

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	23.3
15008	Fish, carp, raw	85.0	3.0 oz	21.0
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	20.2
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	19.8
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	18.3
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	18.0
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	17.8
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	17.4
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	16.2
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	14.2
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	14.1
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	13.5
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	12.6
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	12.3
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	12.0
15110	Fish, swordfish, raw	85.0	3.0 oz	11.8
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	11.6
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	11.0
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	11.0
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	10.2
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	9.8
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	9.6
15083	Fish, salmon, pink, raw	85.0	3.0 oz	9.3
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	8.8
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	8.7
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	8.2
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	7.7
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	7.7

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	7.6
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	7.5
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	7.2
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	7.2
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	7.1
01133	Egg, whole, dried	85.0	1.0 cup, sifted	7.1
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	7.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	6.9
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	6.2
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	5.9
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	5.5
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	4.9
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	4.8
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	4.8
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	4.6
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	4.4
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	4.3
15094	Fish, shad, american, raw	85.0	3.0 oz	4.1
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	4.0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	4.0
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	3.9
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	3.8
15014	Fish, cisco, smoked	28.35	1.0 oz	3.8
15261	Fish, tilapia, raw	116.0	1.0 fillet	3.6
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	3.5
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	3.4
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3.3
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	3.3
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	3.3
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	3.2
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	3.2
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	3.2
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	3.2
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	3.2
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	3.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	3.2
01089	Milk, low sodium, fluid	244.0	1.0 cup	3.2
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	3.2
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	3.1
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	3.1
01057	Eggnog	254.0	1.0 cup	3.0
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	3.0
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	3.0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	3.0
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	2.9
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	2.9
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	2.9
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	2.9
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	2.8
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	2.8
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	2.8
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	2.8
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	2.6
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	2.6
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	2.5
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	2.5
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	2.5
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	2.5
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	2.5
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	2.5
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	2.5
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	2.5
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	2.5
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	2.5
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	2.5
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	2.5
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	2.4
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	2.4
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	2.3
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	2.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	2.2
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	2.2
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	2.2
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	2.2
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	2.2
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	2.1
15062	Fish, pike, northern, raw	85.0	3.0 oz	2.1
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	2.1
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	2.0
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	2.0
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	2.0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	2.0
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.0
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	2.0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	2.0
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	2.0
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	2.0
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	2.0
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	2.0
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	2.0
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	2.0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	2.0
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	1.9
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	1.9
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.9
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	1.8
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	1.8
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	1.7
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	1.7
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	1.7
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	1.7
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	1.7
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	1.7
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	1.7

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	1.6
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	1.6
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	1.6
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	1.6
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	1.5
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.5
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	1.5
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	1.5
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	1.5
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	1.5
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	1.5
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	1.5
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	1.5
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	1.5
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	1.5
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.5
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.5
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.4
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	1.4
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	1.4
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	1.4
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	1.4
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	1.4
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.4
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.4
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	1.4
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.4
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	1.4
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.3
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.3
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	1.3
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	1.3
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	1.3
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	1.3
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	1.3

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10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	1.3
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	1.3
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.3
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	1.3
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	1.2
11656	Corn pudding, home prepared	250.0	1.0 cup	1.2
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	1.2
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.2
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	1.2
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.2
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.2
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.2
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	1.2
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	1.2
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	1.2
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.2
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	1.2
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.2
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.2
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.2
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.2
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	1.1
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	1.1
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	1.1
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.1
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.1
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.1
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.1
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.1
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	1.1
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.1
17142	Veal, ground, raw	85.0	3.0 oz	1.1
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.1

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17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.1
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	1.1
11658	Spinach souffle	136.0	1.0 cup	1.1
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.1
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	1.1
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	1.1
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	1.1
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.1
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	1.1
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	1.1
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	1.1
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	1.1
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	1.0
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	1.0
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	1.0
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	1.0
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	1.0
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	1.0
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smore's	31.0	0.75 Cup (1 NLEA serving)	1.0
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	1.0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	1.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.0
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	1.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.0
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	1.0
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	1.0
15090	Fish, scup, raw	85.0	3.0 oz	1.0
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.0
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	1.0
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	1.0
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	1.0
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	1.0
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	1.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	1.0
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.0
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	1.0
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	1.0
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	1.0
01128	Egg, whole, cooked, fried	46.0	1.0 large	1.0
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	1.0
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	1.0
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	1.0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	1.0
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	1.0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.0
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	1.0
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	1.0
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	1.0
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	1.0
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	1.0
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	1.0
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	1.0
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	1.0
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	1.0
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	1.0
01123	Egg, whole, raw, fresh	50.0	1.0 large	1.0
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	1.0
01131	Egg, whole, cooked, poached	50.0	1.0 large	1.0
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	1.0
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	1.0
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	1.0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	1.0
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	1.0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	1.0
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	1.0
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.0
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	1.0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	1.0
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	1.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	1.0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	1.0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	1.0
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	1.0
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	1.0
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	1.0
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	1.0
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	1.0
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	1.0
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1.0
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	1.0
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	1.0
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	1.0
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	1.0
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	1.0
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	1.0
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	1.0
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	1.0
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	1.0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	1.0
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	1.0
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	1.0
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	1.0
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	1.0
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	1.0
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	1.0
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	1.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	1.0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	1.0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.0
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	1.0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	1.0
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	1.0
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	1.0
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	1.0
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	1.0
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.0
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	1.0
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	1.0
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	1.0
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	1.0
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.0
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	1.0
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	1.0
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1.0
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	1.0
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	1.0
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	1.0
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	1.0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	1.0
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	1.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	1.0
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	1.0
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	1.0
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	1.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.0
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	1.0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.0
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	1.0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	1.0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.0
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	1.0
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	1.0
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	1.0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	1.0
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.9
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.9
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.9
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.9
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.9
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.9
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.9
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.9
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.9
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.9
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.9
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.9
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.9
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.9
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.9
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.9
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.9
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.9
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.9
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.9
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.9
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.9
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.9
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.8
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.8
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.8

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.8
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.8
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.8
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.8
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.8
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.8
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.8
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.8
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.8
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.8
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.8
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.8
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.8
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	28.0	1.0 cup	0.8
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.8
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.8
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.8
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.8
01030	Cheese, muenster	132.0	1.0 cup, diced	0.8
01020	Cheese, fontina	132.0	1.0 cup, diced	0.8
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.8
01025	Cheese, monterey	132.0	1.0 cup, diced	0.8
01011	Cheese, colby	132.0	1.0 cup, diced	0.8
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.8
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.8
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.8
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.8
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.8
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.8
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.8

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.8
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.8
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.8
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.8
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.8
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.8
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.8
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.7
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.7
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.7
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.7
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.7
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.7
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.7
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.7
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.7
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.7
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.7
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.7
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.7
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.7
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.7
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.7
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.7
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.7
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.7
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.7
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.7
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.7
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.7
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.7
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.7
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.7
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.7

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.7
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.7
01024	Cheese, limburger	134.0	1.0 cup	0.7
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.7
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.7
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.7
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.7
01035	Cheese, provolone	132.0	1.0 cup, diced	0.7
01005	Cheese, brick	132.0	1.0 cup, diced	0.7
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.7
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.6
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.6
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.6
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.6
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.6
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.6
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.6
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.6
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.6
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.6
04542	Fat, chicken	12.8	1.0 tbsp	0.6
04574	Fat, duck	12.8	1.0 tbsp	0.6
04575	Fat, turkey	12.8	1.0 tbsp	0.6
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.6
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.6
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.6
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.6
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.6
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.6
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.6
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.6
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.6
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.6
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.6

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.6
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.6
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.6
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.6
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.6
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.6
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.6
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.6
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.6
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.6
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.6
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.6
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.6
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.6
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.6
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.6
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.6
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.6
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.5
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.5
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.5
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.5
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.5
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.5
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.5
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.5
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.5
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.5
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.5
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.5
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.5
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.5
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.5
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.5
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.5
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.5
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.5
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.5
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.5
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.5
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.5
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.5
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.5
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.5
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.5
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.5
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.5
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.5
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.5
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.5
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.5
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.5
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.4
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.4
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.4
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.4
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.4
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.4
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.4
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.4
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.4
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.4
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.4
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.4
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.4
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.4
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.4
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.4
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.4
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.4
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.4
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.4
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.4
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.4
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.4
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.4
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.4
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.4
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.4
15033	Fish, haddock, raw	85.0	3.0 oz	0.4
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.4
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.4
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.4
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.4
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.4
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.4
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.4
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.4
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.4
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.4
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.4
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.4
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.4
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.4
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.4
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.4
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.4
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.4
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.4
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.4
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.4
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.4
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.4
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.3
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.3
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.3
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.3
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.3
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.3
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.3
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.3
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.3
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.3
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.3
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.3
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.3
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.3
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.3
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.3
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.3
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.3
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.3
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.3
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.3
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.3
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.3
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.3
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.3
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.3
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.3
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.3
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.3
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.3
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.3
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.3
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.3
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.3
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.3
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.3
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.3
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.3
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.3
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.3
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.3
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.3
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.3
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.3
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.3
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.3
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.3
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.3
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.3
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.3
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.3
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.3
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.3
04002	Lard	12.8	1.0 tbsp	0.3
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.3
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.3
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.3
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.3
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.3
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.3
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.3
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.3
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.3
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.3
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.3
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.3
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.3
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.3
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.3
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.3
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.3
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.3
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.3
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.3
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.3
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.3
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.3
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.3
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.3
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.3
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.3
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.3
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.3
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.3
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.3
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.3
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.3
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.3
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.3
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.3
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.3
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.3
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.3
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.3
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.3
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.3
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.3
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.3
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.3
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.3
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.3
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.3
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.3
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.3
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.3
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.3
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.3
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.3
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.3
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.3
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.3
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.3
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.3
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.3
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.3
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.3
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.3
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.3
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.3
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.3
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.3
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.3
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.3
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.2
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.2
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.2
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.2
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.2
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.2
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.2
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.2
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.2
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.2
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.2
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.2
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.2
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.2
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.2
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.2
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.2
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.2
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.2
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.2
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.2
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.2
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.2
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.2
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.2
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.2
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.2
01156	Cheese, goat, hard type	28.35	1.0 oz	0.2
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.2
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.2
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.2
07030	Ham, minced	28.35	1.0 oz	0.2
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.2
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.2
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.2
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.2
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.2
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.2
01023	Cheese, gruyere	28.35	1.0 oz	0.2
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.2
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.2
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.2
07026	Ham, chopped, canned	28.35	1.0 oz	0.2
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.2
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.2
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.2
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.2
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.2
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.2
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.2
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.2
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.2
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.2
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.2
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.2
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.2
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.2
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.2
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.2
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.2
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.2
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.2
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.2
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.2
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.2
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.2
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.2
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.2
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.2
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.2
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.2
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.2
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.2
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.2
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.2
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.2
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.2
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.2
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.2
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.2
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.2
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.2
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.2
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.2
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.2
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.2
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.2
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.2
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.2
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.2
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.2
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.2
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.2
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.2
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.2
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.2
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.2
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.2
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.2
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.2
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.2
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.2
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.2
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.2
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.2
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.2
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.2
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.2
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.2
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.2
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.2
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.2
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.2
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.2
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.2
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.1
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.1
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.1
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.1
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.1
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.1
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.1
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.1
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.1
01004	Cheese, blue	28.35	1.0 oz	0.1
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.1
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.1
01038	Cheese, romano	28.35	1.0 oz	0.1
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.1
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.1
01022	Cheese, gouda	28.35	1.0 oz	0.1
01018	Cheese, edam	28.35	1.0 oz	0.1
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.1
01006	Cheese, brie	28.35	1.0 oz	0.1
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.1
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.1
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.1
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.1
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.1
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.1
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.1
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.1
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.1
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.1
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.1
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.1
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.1
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.1
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.1
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.1
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.1
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.1
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.1
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.1
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.1
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.1
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.1
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.1
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.1
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.1
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.1
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.1
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.1
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.1
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.1
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.1
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.1
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.1
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.1
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.1
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.1
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.1
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.1
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.1
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.1
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.1
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.1
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.1
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.1
07052	Pastrami, turkey	57.0	2.0 slices	0.1
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.1
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.1
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.1
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.1
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.1
01007	Cheese, camembert	28.35	1.0 oz	0.1
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.1
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.1
01159	Cheese, goat, soft type	28.35	1.0 oz	0.1
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.1
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.1
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.1
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.1
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.1
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.1
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.1
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.1
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.1
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.1
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.1
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.1
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.1
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.1
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.1
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.1
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.1
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.1
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.1
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.1
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.1
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.1
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.1
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.1
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.1
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.1
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.1
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.1
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.1
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.1
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.1
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.1
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.1
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.1
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.1
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.1
07031	Ham salad spread	15.0	1.0 tbsp	0.1
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.1
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.1
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.1
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.1
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.1
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.1
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.1
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.1
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.1
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.1
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.1
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.1
80200	Frog legs, raw	45.0	1.0 leg	0.1
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.1
04001	Fat, beef tallow	12.8	1.0 tbsp	0.1
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.1
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.1
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.1
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.1
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.1
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.1
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.1
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.1
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.1
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.1
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.1
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.1
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.1
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.1
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.1
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.1
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.1
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.1
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.1
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.1
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.1
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.1
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.1
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.1
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.1
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.1
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.1
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.1
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.1
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.1
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.1
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.1
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.1
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.1
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.1
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.1
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.1
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.1
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.1
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.1
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.1
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.1
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.1
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.1
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.1
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.1
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.1
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.1
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.1
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.1
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.1
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.1
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.1
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.1
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.1
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.1
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.1
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.1
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.1
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.1
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.1
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1

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23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.1
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.1
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.1
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.1
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.1
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.1
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.1
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.1
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.1
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.1
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.1
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.1
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.1
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.1
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1

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23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.1
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.1
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.1
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.1
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.1
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.1
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.1
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.1
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.1
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.1
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.1
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.1
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.1
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.1
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.1
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.1
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.1
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.1
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.1
05335	Chicken, feet, boiled	28.35	1.0 oz	0.1
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.1
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.1
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.1
43282	Quail, cooked, total edible	28.35	1.0 oz	0.1
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.1
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.1
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
07951	Scrapple, pork	17.0	1.0 cubic inch	0.1
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.0
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.0
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.0
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.0
01225	Dulce de Leche	19.0	1.0 tbsp	0.0
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.0
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.0
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.0
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.0
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.0
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.0
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.0
17224	Lamb, ground, raw	28.35	1.0 oz	0.0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.0
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.0
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.0
05311	Chicken, canned, no broth	28.0	1.0 oz	0.0
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.0
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.0
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.0
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
01179	Sour cream, light	12.0	1.0 tablespoon	0.0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.0

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05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.0
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.0
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.0
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.0
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.0
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.0
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.0
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.0
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.0
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.0
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.0
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.0
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.0
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.0
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.0
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.0
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.0
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.0
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.0
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.0
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.0
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.0
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.0
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.0
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.0
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.0
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.0
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.0
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.0
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.0
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.0
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.0
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.0
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.0
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.0
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.0
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
01070	Dessert topping, powdered	43.0	1.5 oz	0.0
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.0
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.0
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.0
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.0
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.0
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.0
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.0
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.0
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.0
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.0
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.0
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.0
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.0
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.0
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.0
13350	Beef, cured, dried	28.0	10.0 slices	0.0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.0
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.0
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.0
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.0
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.0
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.0
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.0
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.0
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.0
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.0
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.0
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.0
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.0
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.0
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.0
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.0
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.0
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.0
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.0
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.0
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.0
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	0.0
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.0
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.0
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.0
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.0
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.0
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.0
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.0
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.0
90560	Mollusks, snail, raw	85.0	3.0 oz	0.0
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.0
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.0
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.0
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.0
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.0
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.0
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.0
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.0
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.0
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.0
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.0
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.0
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.0
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.0
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.0
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.0
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.0
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.0
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.0
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.0
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
01017	Cheese, cream	14.5	1.0 tbsp	0.0
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.0
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.0
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.0
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.0
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.0
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.0
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.0
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.0
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.0
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.0
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.0
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.0
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.0
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.0
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.0
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.0
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.0
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.0
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.0
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.0
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.0
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.0
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.0
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.0
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.0
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.0
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.0
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.0
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.0
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.0
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
03213	Babyfood, cookies	28.35	1.0 oz	0.0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.0
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.0
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.0
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.0
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.0
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.0
93600	Turtle, green, raw	85.0	3.0 oz	0.0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.0
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.0
01040	Cheese, swiss	132.0	1.0 cup, diced	0.0
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.0
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.0
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.0
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.0
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.0
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.0
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.0
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.0
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.0
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.0
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.0
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.0
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.0
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.0
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.0
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.0
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.0
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.0
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0.0
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.0
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.0
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.0
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.0
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.0
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.0
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.0
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.0
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.0
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.0
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.0
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.0
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.0
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.0
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.0